

# May 2019

## Group Exercise, Excel Tae Kwon Do, and Pickleball

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).

**Group Exercise trial week for Session III—try any class for free May 6–12. This session runs through June 23.**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.			Boot Camp		Boot Camp		
8:30 a.m.			SilverSneakers Circuit		SilverSneakers Circuit		
9 a.m.							Run/Walk X-Train Yoga Core
9:30 a.m.		SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic	SilverSneakers Circuit	Turf Time for Toddlers SilverSneakers Classic		
10:30 a.m.		SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga	SilverSneakers Yoga		
noon			ZUMBA Gold		ZUMBA Gold	Beginning Yoga	
5:30 p.m.		Cardio Kickboxing Power Yoga	Yoga Stretch	Body Blast Yoga Core			
6:45 p.m.		ZUMBA Mindful Flow	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA		

### ADDITIONAL ACTIVITIES

## EXCEL TAE KWON DO



This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. The ultimate goal at Excel TKD is to mold future black belts into the best martial artists they can be. Instructor: Emeline O'Connor

**Beginner • 250213-A**  
*Tuesdays and Thursdays, 5:30–6:30 p.m.*

**Advanced • 250213-B**  
*Tuesdays, 6:45–7:45 p.m.  
and Thursdays, 5:30–6:30 p.m.*

**May 7–June 20**  
**\$65 • Register by 5/12 • For all ages.**

## Pickleball

*M, W, F • 9:30 a.m.–1 p.m.  
Court 4*

*TLRC membership or  
purchase of a daily  
admission pass  
is required  
to participate.*



1700 W. Bloomfield Rd.  
812-349-3720

### Hours:

Mon.–Fri.: 6 a.m.–10 p.m.  
Sat.–Sun.: 7 a.m.–10 p.m.

### Holiday Hours:

May 27: 7 a.m.–1 p.m.



btownparks



Twin Lakes  
Recreation Center

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# May 2019

The lower level is open for scheduled programming and rentals only.  
Members may request use of the lower level at the front desk.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.					Advanced German

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

## ADDITIONAL ACTIVITIES

**FREE**

### Legal Counseling

*Legal Counseling is cancelled for May, but will resume June 3.*



## 50+ EXPO

Changing the Way We Age

**Wednesday, May 8**

**3–6 p.m. • FREE admission**

- A large expo filled with a variety of exhibitors
- Free health screenings
- Representatives from recreation, music, art, and other activity clubs
- Bloomington Police Dept. accepting unwanted or expired medications for disposal (no liquids)

[bloomington.in.gov/parks/events/50expo](http://bloomington.in.gov/parks/events/50expo)

## Insurance-based Membership Options

The TLRC is a participating fitness facility with the following options. If you would like more information, ask at the front desk or call 812-349-3720.



[activeandfit.com](http://activeandfit.com)



[silversneakers.com](http://silversneakers.com)



[silverandfit.com](http://silverandfit.com)

**FitnessCoach**

[fitnesscoach.com](http://fitnesscoach.com)



[myrenewactive.com](http://myrenewactive.com)



**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

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[btownparks](https://www.instagram.com/btownparks)



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